



Toasted-Hazelnut Cake

 Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



379 kcal

DESSERT

Ingredients

- 8 servings warm chocolate glaze sweet
- 4 large eggs separated at room temperature
- 8 ounces hazelnuts toasted
- 1 teaspoon lemon zest fresh finely grated
- 0.3 cup matzo meal
- 0.3 teaspoon salt
- 1 cup sugar

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- baking pan
- hand mixer
- kitchen towels
- springform pan

Directions

- Preheat oven to 350°F. and grease a 9-inch springform pan.
- Rub hot toasted nuts in a kitchen towel to remove some of skins, then cool completely.
- Pulse nuts, cake meal, and 1/4 cup sugar in a food processor until nuts are very finely chopped, being careful not to process to a paste.
- Beat yolks and 1/2 cup sugar in a large bowl with an electric mixer on high speed until pale and very thick. Stir in zest.
- Beat whites with salt in another bowl with cleaned beaters on high speed until soft peaks form. Gradually beat in remaining 1/4 cup sugar and beat until whites just hold stiff, glossy peaks.
- In 3 batches, alternately fold nut mixture and whites into yolk mixture.
- Spoon batter into pan and smooth top.
- Bake cake in middle of oven until golden and a tester comes out clean, about 35 minutes. Cool in pan on a rack 3 minutes, then loosen edge with a knife and remove side of pan. Cool completely. (Cake will sink slightly in center.)
- Invert cake onto a rack set over a shallow baking pan. Carefully loosen bottom of pan and remove.
- Pour warm glaze over cake, allowing it to drip down sides, and spread to coat evenly. Chill until glaze is set, about 5 minutes.
- Cake keeps, covered and chilled, 1 day. Bring to room temperature before serving.

Nutrition Facts

PROTEIN 8.02% FAT 45.26% CARBS 46.72%

Properties

Glycemic Index:10.64, Glycemic Load:17.75, Inflammation Score:-3, Nutrition Score:13.036521849425%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 378.58kcal (18.93%), Fat: 19.84g (30.52%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 43.16g (15.69%), Sugar: 38.36g (42.62%), Cholesterol: 93.15mg (31.05%), Sodium: 109.34mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Manganese: 1.79mg (89.47%), Vitamin E: 4.52mg (30.12%), Copper: 0.51mg (25.56%), Selenium: 10.27µg (14.67%), Vitamin B1: 0.21mg (14.02%), Phosphorus: 137.59mg (13.76%), Magnesium: 50.64mg (12.66%), Fiber: 2.91g (11.63%), Folate: 44.71µg (11.18%), Iron: 1.93mg (10.71%), Vitamin B6: 0.21mg (10.42%), Vitamin B2: 0.17mg (10.04%), Zinc: 1.06mg (7.06%), Potassium: 237.59mg (6.79%), Vitamin B5: 0.67mg (6.71%), Calcium: 50.07mg (5.01%), Vitamin K: 4.11µg (3.92%), Vitamin B12: 0.23µg (3.83%), Vitamin B3: 0.71mg (3.53%), Vitamin D: 0.5µg (3.33%), Vitamin A: 142.89IU (2.86%), Vitamin C: 2.11mg (2.56%)